



National Office Headquarters
5825 Delmonico Drive
Colorado Springs, CO 80919-2401

phone 719. 597. 9090
fax 719. 597. 2121
www.usatriathlon.org

Why Hire a USA Triathlon Certified Coach?

As a triathlete, you like to do your own thing. But going at it alone is not always the best idea. There comes a time when you need an expert opinion to help you reach your full athletic potential. That is when hiring a triathlon coach becomes a smart move. There are many triathlon coaches in the business today — some are certified and some are not. How do you know which coaches are the best? It's important to look for certification from USA Triathlon, the National Governing Body for the sport, when hiring a triathlon coach. A coach who obtains a USA Triathlon certification demonstrates that he or she is dedicated to becoming a master in the trade.

A USA Triathlon Coaching Certification means:

- The coach has attended at least one in-person certification clinic in which they learned from industry experts on topics including swim, bike, run, strength training, nutrition, physiology and more and completed a rigorous certification exam proving their knowledge.
- The coach has completed the U.S. Olympic Committee SafeSport Program. SafeSport is a program that teaches individuals how to identify misconduct in sport, promote open dialogue and provide training and resources. By completing the SafeSport training, you can be confident the coaches have the training necessary to recognize physical and sexual abuse in their athletes and are aware how to report this.
- The coach completes multiple education courses every two years to learn the most up-to-date techniques to provide the best coaching services. The continuing coaching education requirements further their knowledge base and help coaches evolve over time. USA Triathlon Certified Coaches are always on the forefront of triathlon coaching knowledge.
- The coach is insured for their work in regards to triathlon training.
- The coach has passed a criminal background check that can be verified by trusted third parties. All coaches have their background check completed every two years.

USA Triathlon offers five different coaching certifications. All of the certification clinics are packed with presentations from coaches who have a plethora of experience in triathlon. All certification clinics are followed up with a written examination that ensures each coach is proficient in the areas required to be a credible and certified USA Triathlon coach. Coaches must meet a certain standard to pass and be officially certified with USA Triathlon. Below is a brief outline of the differences and requirements between the certifications:





National Office Headquarters
5825 Delmonico Drive
Colorado Springs, CO 80919-2401
phone 719. 597. 9090
fax 719. 597. 2121
www.usatriathlon.org

- Level I Certified Coach
 - The Level I Certification Clinic serves as the entry point to coaching at USA Triathlon. Coaches range in years of experience but all participate in a two-day in-person clinic that covers topics such as swim, bike, run, nutrition, race fueling, business development, psychology and periodization. Coaches leave this clinic with a solid knowledge base of triathlon coaching and have demonstrated their ability to properly coach by presenting at the clinic and passing an exam.
- Level II Certified Coach
 - A Level II Certified Coach has been USA Triathlon Certified for at least two years and holds a degree in a sport science related field. The three and a half day clinic covers more advanced coaching topics and coaches are required to demonstrate their skills in several practical sessions. A Level II Coach can specialize in either draft-legal racing (Level II Certification) or long course racing (Level II Endurance Certification).
- Level III Certified Coach
 - The Level III Certified Coach focuses on coaching at the Olympic level in either triathlon or paratriathlon. A Level III Certified Coach has been certified by USA Triathlon for at least five years and currently coaches an athlete who is top-ranked in the world. Level III Certified Coaches are considered experts in the coaching field as they have proven the highest level of commitment and knowledge in the sport.
- Youth & Junior Certified Coach
 - The Youth & Junior Coaching Certification is an additional certification any USA Triathlon Certified Coach can complete. Coaches must be at least a Level I Certified Coach and must attend a two-day in-person certification clinic and pass a certification exam. A Youth & Junior Certified Coach has been trained to work specifically with youth athletes effectively throughout their development stages.

Interested in finding a Certified Coach or becoming one yourself? All current Certified Coaches can be found online using the [Find a Coach Directory](#) and information on upcoming Certification Clinics can be [found here](#).



MEMBER

